

[SENATE.]

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REPORT  
OF THE  
REGENTS OF THE  
LUNATIC ASYLUM.

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## REPORT.

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*To the President and Members of the Senate of S. C.*

GENTLEMEN:—Permit me to refer you to the enclosed Reports of the Committee of Regents, Physician and Superintendent, for such information relative to the Lunatic Asylum, as you may desire.

All of which is respectfully submitted.

A. WALLACE, *President Board Regents.*

*Columbia, Nov., 1844.*

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### *Extract from the Minutes.*

“Resolved, That a Committee, consisting of three Regents, be appointed, to report to the Board the condition and prospects of the Lunatic Asylum, with such other matter as the Committee may consider important or interesting.”

*To the Regency of the Lunatic Asylum of South-Carolina:*

The Committee appointed under the above Resolution, and to whom was referred the accompanying Report of the Physician, beg leave most respectfully to submit the following Report:

The amount appropriated by the last Legislature has been expended in the erection of an additional building for females. The most rigid economy could not bring the expenditure within the limits of the appropriation, and the funds of the Institution were drawn upon to a small extent.

Your Committee are happy to report that the work is faithfully executed, and that the convenience and comfort of the Institution have been much increased.

They feel most sensibly the importance of the recommendation in relation to religious services, and regret that, for want of funds, the Board is unable to carry it out. It is unnecessary to repeat what was urged fully in a former report, but it is not improper to add, that the recommendation is sanctioned by the united testimony of all who have directed attention to the matter. In connexion with this point, it is well to allude to a prejudice against religious instruction, which has taken deep root in the minds of some persons.

All know the fact, that many of the cases of insanity are connected with religion, and, from this fact, an inference has been drawn unfavorable to the cause of religion itself. To say nothing of the nature of that system, whose tendency is not to disturb, but to tranquilize—not to depress, but to elevate the drooping spirits, we will meet this at once by the testimony of facts.

All observation proves that the religiously inclined are not more disposed to insanity than scoffers and revilers, and that many of the cases of insanity

are due, not to religion itself, but to the improper measures which are adopted to impress its truths on the mind. The attempt lately made by the Superintendent, under advice of the Board, to introduce religious services, and the failure which followed, should not be regarded in the light of a fair experiment, or produce the slightest discouragement.

Dependent as he was on the Clergy of the town, who were invited to officiate alternately, the services were, from necessity, irregular and interrupted ; but however regular they may be, the principle is a wrong one, and can hold out no very high expectation.

Strangers can exercise no control over the insane, and, under this plan, the preacher will be forever unknown to them. The discharge of this sacred duty must be confided to *one man*. He must inform himself of the particular character of every inmate of the house, strive to attach them to him, and enforce the great truths of religion, not alone by the efforts of the pulpit, but by familiar intercourse and conversation. Suspicious as the insane are of strangers, it is not the less true that they are deeply affected by kindness, and that its habitual exercise is generally followed by strong attachment.

If the records of insanity furnish some melancholy proofs of the contrary, they are to be regarded as exceptions, and, on close examination, will be found very rare. All who have had experience with the insane, know the fact, that it is often most difficult to ascertain the particular subjects of hallucination, and that the best directed efforts, long continued, frequently fail.

During the administration of Gen. Washington, Doctors Rush and Shippen, of Philadelphia, were deputed to examine a man under sentence of death for an offence committed against the Government of the United States. It was not until they had made repeated examinations, which were continued through a term of some weeks, that they were able to join in the opinion that he was insane. The result was, the correctness of their opinion, for the symptoms of insanity soon manifested themselves in the plainest manner, and he died in a mad house.

But the difficulties do not stop here, according to some authors. In addition to derangement of the intellectual or moral powers, to which we will allude more distinctly in the sequel, a form is noticed, in which the understanding and moral sense appear to be uninjured.

The insanity is in the *sensibiles*; to use the words of Doctor Bell of the McLean Asylum, "the sufferer is not only capable of discriminating intellectually the relations of things, but his will to act correctly and conscientiously is unaffected ; the disease consists in an unaccountable and not easily described nervous distress, amounting at times to agony. The patient has "no delusions, but indefinite and vague apprehensions of future ill."

It is not necessary here to inquire whether this is a distinct and independent form of insanity, but the fact that cases of this description actually exist is most important, as it shews the very great difficulties which we are sometimes obliged to encounter.

The insane are not idiots, liable to be entrapped by management and stratagem, but, conscious of your design and of their vulnerable point, they display wonderful talent and cunning, and fortify themselves with all the skill of a consummate general. The Physician who is accustomed to investigations of this sort is frequently foiled from the simple fact that the patient is on his guard. The relation of the Clergyman is totally different, and when mutual confidence is established, opportunities for discovery are presented which are never enjoyed by the Physician. It is a most interesting fact, that *time*, before whose destructive energies so many things fall, generally leaves the moral nature uninjured. The decay of the intellectual powers may come with age, and the proudest genius with his boasted and varied attainments sink into imbecility; the body may lose its beautiful symmetry and waste into decrepitude, but the moral faculties usually survive in all their power amid the general dissolution. Doctor Rush declares, as the result of a careful enquiry among a large number of very old people, that he always found the religious faculties unimpaired, and that he heard of a man upwards of a hundred years old, who had forgotten every thing he had ever known except his God. What a wide and exhaustless field do these facts open to the clergyman? No system of management can be regarded as at all complete, which has not the advantages of all the means which are necessary for the understanding of each particular case. Without this full knowledge in many instances not a step can be taken towards a cure.

A competent person who will devote himself to the important charge of Chaplain to the Institution, cannot be procured without a reasonable compensation.

Your Committee have to deplore that no provision is made for the insane blacks among us; that the arrangements of the Building and the means of the Board will not allow it. How far this is compatible with the principles of our enlightened philanthropy, they will not decide. According to the census in 1840 there were at that time 137 insane blacks in South Carolina. From reasons, to which it is not necessary here to allude, the white and colored subjects cannot be associated, and any provision for this latter class will necessarily involve the erection of another Building. With the most ample provision, it is not probable that more than a fourth would be brought to the Asylum, and for the accommodation of this number a suitable Building can be erected at a very small expense.



The Board is aware of the great inconvenience to which the institution is subjected, from the existence of a street on the east side of the building. This separates it from the main body of land, and prevents many improvements in which the health and comfort of the patients are largely interested. The committee would suggest that some step be taken to close this street; and they are the more earnest in this suggestion, as, in their opinion, the rights of no one would be injured, or the public convenience impaired in the least.

We would call your attention to the subject of a *Library*. With the greatest care in the selection, it is impossible to procure books which are alike suited to all the insane. It is so even with the sane mind, and reason herself will not afford full protection against improper influences; so diversified is insanity, so modified by idiosyncracies of temperament, and the multiplicity of causes which operate on a disordered intellect, that no two cases can be pronounced alike in all their circumstances. The agencies which operate favorably on the one, may operate unfavorably upon the other. In the modern plan of management, the unfortunate subject is regarded as a being of reason and of moral sympathies. Under the old system of coercion and violence, when he was degraded below the level of brute nature, it was, perhaps, a legitimate deduction that the same remedial means were indiscriminately applicable to all. A walk through an Asylum will satisfy the most superficial observer of the utter incorrectness of this opinion. It is at war with the fundamental laws of the human mind, and has been completely exploded whenever it has been subjected to the test of fair experiment. There is no such thing as a *specific* in any of the ordinary forms of disease which come under the observation of the Physician. With the help of general principles, and the fruits of experience, he will always look to the particular circumstances of each case; and the acuteness of his discrimination will be the measure of his excellence. In this he shows his superiority over his more ignorant brethren, and by a wise and cautious adaptation, proves the dignity and usefulness of his profession. Insanity is a disease, and is more Protean in its character than any other to be found in the long catalogue of human maladies. These remarks bear directly on the point under consideration. Books constitute a most efficient instrumentality, and are not alike suited to all the insane. A particular medicine may be proper at one stage

of a disease, and improper at another ; so with books. Reading may be followed by an aggravation of all the symptoms, and the Bible itself must sometimes be excluded.

There are periods when some of the insane will not bear the slightest allusion, either by books or otherwise, to the great questions of moral truth. As a conclusion to this reasoning, your Committee would say that an indiscriminate resort to books, is unwise, and that strict regard must always be had to the circumstances of each particular case.

It will be remembered, that when discussing the question of religious instruction, we said that *time* generally leaves the moral faculties uninjured, and we introduced the striking testimony of Dr. Rush. That we may not be misunderstood, or charged with inconsistency, we beg to make a few additional remarks on this point. We are aware of the fact, that there is a species of insanity known to authors, in which the intellectual powers are not involved. Reason does her full duty, but insanity has laid its strong arm on the moral sense, and with a force perfectly resistless, the unhappy victim is hurried to the commission of the most diabolical acts. Husbands will murder wives whom they love most tenderly ; mothers will literally butcher their innocent children, with the fullest conviction of the enormity of the crime, and will give no other reason than that they *were compelled to do it*.

Since the day of Rush and Pinel, who first called particular attention to moral insanity, it has been noticed at large by the French, English, and American writers. Pritchard, Marc, and Esquirol, have given full descriptions of it. The first gentleman thus describes it : "Moral insanity consists in a morbid perversion of the natural feelings and moral dispositions, without any notable lesion of the intellect or knowing and reasoning faculties ; and particularly without any maniacal hallucination."

Rush, who was one of the first to observe this form of insanity, says that a lady of his acquaintance in Philadelphia, who occupied the highest position in society, and whose husband was remarkable for the promptitude with which he met her every want, could not spend an evening with a friend, without taking home something which did not belong to her. So irresistible was this propensity, that she would steal articles which she could not possibly want, and rather than not gratify it, would take articles of no value whatever. Granting all this, we submit that this is but

*one form* of insanity, and that though, in this degree, it is the most melancholy and incurable of all, it does not affect the truth of the general proposition laid down in a previous part of this report. It is not often that there is such a depravation of the moral sense, as to leave the patient utterly without hope. An Asylum will exhibit every possible degree of injury of the intellectual and moral powers, but your Committee think that these latter will frequently withstand assaults, which will destroy the former.

The beneficial effects of *employment* cannot well be over-rated. The Committee have to regret that this department is not as well arranged as they could wish. The employment must be diversified to suit the tastes and habits of the different individuals, or many of them will not engage at all, and pay the full penalty of indolence. Some can be persuaded to work in any way, while others have their favorite pursuits, and will obstinately refuse to do any thing else. There is no regular labor but agricultural, and it is not very surprising that a tailor, or a cabinet maker, or a shoemaker, should be reluctant to engage in it. In the best regulated institutions, the department for labor is thoroughly organized, and with such temptations to industry, very few idlers can be found. One of your Committee not long since, had the pleasure of visiting the Asylum at Worcester, and a more striking picture of industry was never exhibited to his eye.

In addition to a farm, he saw work shops for different mechanical pursuits, and the patients engaged in their respective vocations. *Here* the poor desponding spirit was cheered and elevated by the excitement of regular occupation, and the furious maniac, the man of violence and blood, was turned away from his delusions, and was reposing in tranquility—all was order and quiet, and happiness. The most dangerous were entrusted with the most deadly weapons, and no instance of violence had occurred to mar the general beauty of the scene. If the stranger is delighted with the spectacle which is there exhibited, what must be the feelings of the distinguished and benevolent gentleman at the head of the Institution, who has devoted so much of his life to the cause of the insane, and to whom society is largely indebted for a mass of most valuable information, and judicious reflection!

Whenever the experiment has been fully made in mad houses



and work-houses, it has been proved, that employment is a most valuable auxiliary in the work of reformation, and the adage comes to us from the most remote antiquity, that "idleness is the parent of vice." That there is a strong association between habits of industry, and the practice of virtue, we will not for a moment doubt; and the saying of Mr. Howard in his History of Prisons, "make men work, and you will make them honest," is something more than the vision of a dreamy Philanthropist.

It becomes the Board to do everything in its power to organize the department for labor, on the principle alluded to by your Committee, as on no other can we look for those large and happy results which are seen elsewhere. Why can it not be made a source of considerable revenue? It is so in regard to the farm, to some extent; but it might be much increased by suitable provision for other labor. On this point it is proper to call attention again, to the existence of the street on the east side of the building, which operates as a most serious inconvenience. The enclosure should be enlarged, but this cannot be done under the present circumstances. It is unnecessary to insist on the advantages which would accrue from closing this street, as they are evident to all who have any idea of the locality.

Your Committee have calmly considered the suggestion in the Medical Report, that the Physician be required to reside in the building, and have come to the conclusion, that the benefits of the proposed change have, to some extent, been over-rated.

In saying this, they will take occasion to bear testimony to the fidelity with which your Physician has executed his trust, and to the benevolent disinterestedness which prompted the suggestion. The scheme seems impracticable—a Physician of exalted reputation cannot be procured without a high salary, and even then it is doubtful whether we can obtain one who enjoys as large a measure of the public confidence, as the gentleman now at the head of the medical department. It is not one of the least of the objections to the proposed change, that the institution would probably lose the services of the present Superintendent, who has given such ample proofs of rare qualifications.

In the arrangements of an Asylum, something more must be done than to make provision for *medical attention*. In a multitude of cases no medicine is necessary. The restraints to which the patient is subjected on admission, the regularity and order of his life, the breaking up of old associations, and the new cir-

cumstances by which he is surrounded—these, in many instances, constitute the only restorative measures. There was a time however, when this was not so; when bleeding, blistering, a course of most drastic medicines, and a ponderous chain, marked the introduction to a mad house. This was the period when, to use the words of an English author, in reference to the various moral and physical effects of flagellation, “a belief prevailed that heavenly mercy restored the grace that had been forfeited, commuting for temporal punishment that which else would have been eternal.”

It must be borne in mind, that the Superintendent is the resident Physician: that for many consecutive years, he never slept without the walls—and indeed he has *never* done so without the consent of the Executive Regent.

The Committee in conclusion on this point, repeat their expression of confidence in the skill and attention of the Physician, and earnestly hope that the Institution may long enjoy the benefit of his services.

Notwithstanding the fact that we labor under some disadvantages, the proportion of recoveries in our Institution, compares favorably with that of others. Though it is true that we must be judged to a considerable extent, by the number of our cures, yet the highest degree of skill is often required in the management of chronic and incurable cases, and the measure of advantage to the patient is scarcely less. If there be any thing noble in human sympathy, where can there be a fitter occasion for its exercise, than towards these, the most unfortunate of our species? If charity be the chief of virtues, and if indeed there be true dignity in works of benevolence, *who*, that is not bereft of this principle of our common nature, will refuse to open his heart, or withhold a succouring hand? A great work of mercy is to be accomplished with him, whom God has thought proper to deprive of reason, the lamp of his feet and yet continue upon earth. Who will not lead the blind who is groping in darkness, and protect him from those yawning gulfs into which his thoughtless steps are fast hurrying him?

To control in some measure, the erratic energies of that spirit, which, though disordered, still lives—to stay the wild fury of passion in a being where reason has no resting place—to bind up the broken heart, and pour upon it the balm of consolation, this is one of the great objects in a Lunatic Asylum. The very great success

which has followed the benevolent efforts with this class of patients, should stimulate to more energetic and extended action for the future.

It is much to be deplored, however, that so many cases are permitted to become incurable, before they are sent to an Asylum; and we would urge the importance of an *early admission*, by the strong consideration, that recent cases are as curable as any other violent form of disease which comes under the observation of the Physician. An Asylum is the only proper place for a Lunatic, and the sooner he is brought to it, the better. This fact is established, not only by the greater probability of cure under such circumstances, but by another consideration to which we would call attention. While it is true that the most violent and dangerous subjects may be made quiet and peaceable by the wholesome regulations of an Asylum, it is also true, that the most inoffensive, to all appearance, may commit the most revolting acts, if unrestrained liberty be allowed them. No insane person should be regarded as harmless, when in a state of perfect liberty. It is a popular notion that certain delusions bring no danger with them, but the history of insanity proves that there is no exemption. In the October number of the Quarterly Review (English,) is to be found a case directly in point. A young gentleman of fortune, and of mild manners, had an insane propensity connected with wind-mills. He would go any distance to see a wind-mill, and would sit for days together, watching one. His friends removed him to a place where there were no mills, in the hope that the strange propensity would wear away. The youth, however, formed the resolution to commit murder, in the hope, that as a punishment, he would be removed to a place where there would be a mill, and he accordingly got a child into a wood, and cut and mangled its limbs in a horrible manner. The reviewer *well remarks*, that no mad propensity could apparently be less likely to lead to such consequences.

The Committee cordially concur in the suggestion about the *Keepers*; but as the Board is fully impressed with the importance of the subject, and have already taken steps to place this department on the soundest practicable basis, your Committee regard any further remarks unnecessary and superfluous.

They cannot close this Report, without making one suggestion, which has never before been made to the Board. This they will make with the greatest deference to the opinion of others.



Your Committee conceive that the liberty of visiting the Asylum, can be extended, under proper restrictions, further than it is at present. It is a part of the old system, not to permit the unhappy subjects of lunacy to be seen ; to cut them off from all intercourse with the world, and thus doom them to the solitude of their own thoughts. This system, we know, is not of force with us ; but the true question is—are we enjoying the full advantages of the new and opposite system ? Under the improved plan of management, lunatics are regarded, to a certain extent, as moral and rational beings. In other words, in our appliances we regard them not as idiots or as brutes, but as members of the great family of intelligent creatures.

You must protect them against the conclusion that they have no claim to the character of humanity, and that they are of no consequence whatever to the world. Gloomy and melancholy as many of them are, let this idea seize them, and they sink into despair. We are not ignorant of the fact, that some patients must be entirely excluded from all society, except that of those who have the immediate charge of them ; but we submit that this is not true of the majority. On the contrary, with very many, the presence of other persons gives a proper and agreeable excitement. It is an easy matter so to arrange it that this latter class may enjoy the full advantage, without detriment to the former. The Committee then suggest, that the Superintendent be permitted, in the exercise of a sound discretion, to admit strangers into the building, and among the patients. He knows the character of every case in the house, and can exercise this liberty without danger. This is a public institution, where every thing is conducted on the most humane and enlightened principles, and where nothing is to be seen which can bring the blush of shame on the face of its officers. Its interior will furnish none of those revolting pictures, which under the present circumstances, fancy might sketch. Let the door be opened to the knock of the intelligent and benevolent stranger—let him penetrate its most secret recesses ; he will hear no clanking of chains, but his tender heart will be moved to new and nobler impulses by the evidences around him, that a merciful God has reserved a large measure of contentment for the most unfortunate of his creation. Your Committee will add, that the practice of many, if not all, of the Northern Asylums, is in conformity to this suggestion,

As this is a public institution, and as the labors of the Board



of Directors are wholly gratuitous and voluntary, your Committee have felt no difficulty in speaking freely, and in touching topics, to which, under other circumstances, they would not have alluded. The suggestions which have been made, are such, as in their opinion, will give it larger usefulness. But has the experiment failed? or has the institution fulfilled all reasonable expectation? We hesitate not to say, that its success has been great under the circumstances. Not one dollar has been appropriated by the Legislature for its support, since the first year, and yet it has maintained itself from its own Treasury. This is the more remarkable, when we take into consideration the fact, that our patients are chiefly paupers, and that the Legislature has fixed the pay of this class at a price far less than the actual cost. Every pauper, then, is a cost to the institution.

Though much good has been done, and though the Asylum stands as a proud monument of the benevolence of our rulers, it is not to be disguised that our limited means prevent many improvements.

Shall we pause here? or shall we, encouraged by the past, make larger provision for the future? All are interested. The dreadful disease spares no age, sex or condition. The King upon his throne, no less than his humblest subject, becomes alike its prey. Youth, beauty and innocence; the fairest of the daughters of Eve; the mighty upon earth, all here find a home.

What a rebuke to human pride, what an appeal to our deepest sympathies! Let those who boast of man, "so noble in reason, so infinite in faculties, in form and movement so express and admirable," visit him in these receptacles of his desolation.

Your Committee close this very imperfect Report, by commending the institution to the good people of South Carolina, and invoking the blessings of Heaven upon it.

Very respectfully,

M. LABORDE.

November, 1844.

## PHYSICIAN'S REPORT.

### TO THE REGENTS OF THE LUNATIC ASYLUM.

GENTLEMEN : Since my last Report, we have passed through another year, and have had much cause to rejoice in the health, content, and happiness of our patients. The term happiness may appear strange to use, when the subject is an inmate of a Lunatic Asylum ; but can any one pass through our Court-Yard, and see the cheerful manner and contented countenances of our people, and refuse to acknowledge that they are happy ? Can any one see Horn, or Hall, or Blain, without believing that the condition of these men is one of so much comfort and ease, as fully to warrant the assertion ?

We have had but little sickness this year, though some of the cases were of extreme violence. Mrs. ——— had an apoplectic fit, which, for some time, put her life in much danger ; by active means, she speedily and entirely recovered ; ——— and ——— have each suffered severely with Pneu-  
monic affections.

Some of our patients have been exceedingly noisy and violent, yet little coercion has been used. In fact, the bonds and fetters, which were supplied at first, for the management of our inmates, have long since ceased to be considered as a part of the necessary requisites of the Institution, and our patients not only enjoy the free use of their limbs, but the privilege of walking over every part of the Court-Yard and building.

I have reflected much upon the necessity of classing our patients, and separating them, not only in their walks and their work, but in their amusements. There is much difficulty in doing this, in our limited enclosure, and it is only by engaging them in work that we can hope to effect it at all. In most Institutions, work-shops of different kinds, are established ; and the patients are made to occupy themselves with healthful labor. This you have often spoken of doing, and as often passed resolutions to effect ; but as yet, want of funds, or something else, has prevented the fulfilment of your wishes, and my patients are without their places of recreation.

The great object, in the cure of insanity, is to arrest the attention, and fix the mind upon some subject unconnected with the insane idea ; and while doing this, the general health should be strictly watched. When the different viscera resume their healthy functions, the brain will, in most cases, return to its normal state. But how is the attention to be fixed, and the mind employed ? By pleasing conversation, exercise, and steady and sustained employment. It is now the custom, in the Northern Institutions, to keep the patients employed at some trade, or on the farms, and by giving them full exercise, and something to occupy the mind, they are compelled to think, and their feelings and their thoughts are diverted from the sources of misery and distraction which had shattered their intellectual powers. But what course is to be adopted with those who will neither work nor engage in amusement ? The question is, not whether their labor is to be made profitable to the Institution, but whether it is to be of advantage to them ; whether the employment of the physical man will benefit the intellectual ; and that being the case, I have no hesitation in saying that they should be forced. Who can object to coercion for their own benefit ? Is it more than the discipline used for the sick, and the exertions children are compelled to make for their advantage :

Who denies the propriety of compelling a child to learn ?—of requiring him to pass hours at a dull task, so long as it exercises his mind and adds to his information ? Why do we make him move about, but to give vigor to his bodily frame, tension to his nervous system, and healthy action to his lungs, and by their influence on the blood, to develope to their fullest extent, his cerebral organs ? Does any parent hesitate to make a child memorize his lessons, or exercise his limbs when disposed to be indolent ? And why should there be an objection to the same course with a man ?—one whom accident has deprived of his judgment, and who stands before us in the relation of a child ? Why should we not compel him to use bodily exertion, and by so doing, force his faculties into action, whether he will or not ? And why should we not adopt means that will arouse a new train of ideas, (even though it may be through the influence of anger) and banish the insane illusion ? This can be effected with advantage to both mental and bodily health ; and should we be deterred from doing it from any feeling of false delicacy or sickly sentiment ? Or ought any means to be considered improper that would effect so desirable a change ? Many of our patients could not be induced to work, and heretofore they have been permitted to lounge about until imbecility crept over them, and finally crushed the little intellect they had. Which is preferable, to compel them to work, or see them gradually sink into a state of helpless, hopeless imbecility ? I should say that any means, capable of arresting this termination, and saving one being from such a state of brutish stolidity, should not only be adopted, but considered as a blessing conferred on the afflicted. Can means be devised to compel them to exertion, without using harsh or violent coercion ? I think there can. We have differed in our opinions heretofore on the subject ; but I still believe that it might and ought to be attempted. We need not be tied down to one kind, but various modes of a similar character might be tried, that would compel them to action, and by action, rouse the capillary circulation, bring the skin into a healthy state, and free the internal organs from the load which oppressed them into inaction. Who has not felt the languor and oppression, and morbid irritability that assails them from a continued state of inactivity, and how rapidly it has been dispelled by exercise in the open air ? With what a glow and general exhilaration he returns, after his whole system has felt its invigorating influence ? I have brought this subject again before you, and urge most strenuously that you will see to the furnishing of proper recreation to the patients, and supply them with proper work ; and that you will not permit your feelings to get the better of your judgment, and prevent the establishment of such means as will furnish involuntary and compulsive labor to those who would otherwise be idle, and that it be continued until the beneficial effects renders it no longer necessary.

Walking, swinging, dancing, and many of the gymnastic exercises, could be safely and appropriately introduced, and with advantage ; though in so doing, it may become necessary to add to the number of your keepers.

The advantage of constant exercise would soon be seen. Tired by their exertions, their nights would no longer be sleepless, and waking refreshed with a night's cessation from their harrassing thoughts, they would begin the next and each succeeding day, with diminished disease and a better chance of speedy restoration.

No one familiar with the insane, can avoid observing the morbid state of their secretions, and especially those of the skin ; and all know the importance of keeping up a free and healthy transpiration. Numerous are the dis-



eases arising from a checked or disordered perspiration, and its restoration is often one of the most difficult and important points to be effected.

As connected with their sports and exercise, the keepers are of the very first consideration. Few know how very important are the offices of these people in an Asylum, and how absolutely necessary it is that they should be kind, intelligent and firm. In that particular, the Northern Institutions have a most decided advantage. In the late commercial revolutions, numbers of intelligent, well-educated, and gentlemanly persons, were thrown out of employment, and have gladly accepted such situations to earn subsistence. They have manners, intelligence and firmness, and in their intercourse bring much of the refinement of the social world to assist them in their duties; and have tact sufficient to divert a conversation, and their knowledge of society enables them, while walking or talking with a patient, to direct his attention to subjects foreign to his insane thoughts. Some will manage without the slightest difficulty, whilst all the exertions of another but add to the patient's irritation. Reflect on the position occupied by these officers, and you will see how very essential they are to the well-being of those over whom they are placed—how completely they can either facilitate or mar the best directed efforts of the other officers. Always with the patients, they assist them in their rising, assist them in their toilet, conduct them to their meals, are their companions and their play-fellows, and from them should flow the kindest sympathy. They are aware of the physician's wishes, they know the patient's wants, they are companions and nurses, and in how many ways, while fulfilling these various offices, can they add to the pleasure, the happiness, comfort, and final restoration of the unfortunate being confided to their trust.

I would call your attention to the renewal of religious exercises. We have heretofore failed in our endeavors to secure the aid of our Ministers; but that is no reason why we should not persevere. We took the wrong method before, and let me now suggest to you the propriety of having a Minister attached to the Institution, and paid the same as you would your other officers. I think a man of good sense, with pure christianly feelings, would effect as much good as any other officer. Feeling himself one of the establishment, and being daily in communion with the people, he will become acquainted with their hallucinations, can gain their confidence, and materially assist in expediting their restoration. Carrying out the physician's views, he can direct a strong moral influence to bear upon a moral defect; and in this manner will be of immense benefit. Advice iterated is often more effective than when first given, and hearing a disinterested person counselling them to pursue the same course which the medical attendant does, the effect will be doubled, and a most salutary influence produced upon their minds.

We know that the balance of the sane mind can be, and has been, overcome, by frequently repeated assertions from different quarters. Insanity, and even death, has resulted; and if the sane can be injured, is it not probable that the reverse may prove true, and that those whose minds are already deranged, may be improved by the iterated advice of different persons, instructed to use the same train of arguments, to bring forward the same facts, and to draw from them the same conclusions? And from whom would it prove more efficient than the Minister, who has identified his interest with theirs, and has, by his kindness and attention, evinced a deep sympathy for their sufferings and misfortunes? I should feel much gratified to have such an officer attached to the Institution, and try fully the effect of his instruction.

Religious feeling is strongly interwoven in the human mind, and the last



spark of humanity, the last link which binds the maniac to his fellow-being, is often evidenced in the feeling of veneration which he shows to his God. When all else is chaos, when his thoughts, his feelings, and almost his very existence, has ceased to be cognizable to himself, you will find there is still a point that the Almighty has retained, and that there is still a thought that the maniac can show, in his wish to adore.

You last year established a Garden, but neglected to supply a Gardener. If you bear in mind, in my last Report I requested you to hire one, who should live on the place, and act also as a keeper when the patients were either walking or at work. You will find the money appropriated for his salary, would be well spent, and the Garden would be made to add to their comforts, both as to exercise and amusement, and furnish their table with numberless delicacies, not only conducive to health, but gratifying to their taste. Insane persons are willing to work, but their pride often keeps them from doing so, when they perceive that those who are about them do not co-operate. The idea of being driven, is as offensive to them as to any other, and they will revolt at the labor forced on them, when they would volunteer it as an assistance. In such light would they consider it with a Gardener. If he had tact, he could induce them to believe it was a great privilege and favor that he conferred; or that their assistance was rendering him an act of kindness, and with fruit and flowers he could offer a reward that would attach them to him, and make them anxious for the return of the hour that would enable them again to meet him.

Since I have been Physician to the Asylum, I have endeavored in every way to mitigate the sorrows and necessary distress of those committed to my care; but I have often felt, and still do feel, that it is not in my power (without neglecting my other business) to devote as much time to their cases as their situation requires. In the last few years a great change has taken place in the management of Asylums, and many of them have adopted the plan of vesting the offices of Physician and Superintendent in the same person. I have my doubts as to that being the very best, and am not sure that if he was even to be free from the Stewardship, and his entire time devoted to the patients, that it would be as advantageous as at first it would appear. Many other diseases mingle with insanity, and are modified by it, and the prevailing epidemics reach our Asylums as well as the domicile of the citizen. It is better, therefore, that the Physician should be acquainted with their character and treatment by practical experience, or he will not be successful with his insane. At present, even if desirable, such a change would be impracticable, as your friends would not allow you to offer sufficient compensation to one who would be fully qualified for the duty; nor do I think the Legislature, for some time to come, will furnish you with means sufficient to effect it. If they should, however, do so, and you feel authorized to employ a medical attendant, whose whole time should be devoted to the insane, I beg you will not consider me as an obstacle to your trying the experiment; for although it would not suit me to accept the situation, I would most willingly co-operate with you in trying any plan that would, in any wise, improve their chances of restoration.

Since the year 1835, the time of my appointment as Physician, there have been received into the Asylum two hundred and thirty-three patients; and of this number one hundred and twenty have been discharged cured, fourteen have been removed by their friends, and sixty-eight have died. The mortal-

ity has been great from many obvious causes, which I have frequently referred to in my monthly Reports. In the year 1836 we lost seventeen patients, twelve of whom died on the first invasion of fever, and several of them dropped from their seats and died, before the attendant could reach them. These were epileptic cases of long standing, and their brains, previously diseased, were broken down by the congestions of the cold stag. On comparing the numbers cured and relieved, with that of the other Institutions, I believe that, taking into consideration our peculiar circumstances, the success will be found equal to the best of them. We have had a large proportion of Epileptics, and as they are classed with the insane, it diminishes very materially the amount of success. In the nine years I have been the Physician of this Asylum, there have not been less than sixty Epileptics received. I submit for your consideration a statement of the cures effected in some of the best of the Institutions in Europe and America, and I think, upon comparison, we will have no cause to be dissatisfied with the number we have been enabled to return to their friends.

*Report of Cures received and cured in the French Asylums.*

In Charenton and Salpêtrière, received.....	5360
Cured.....	2518

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Esquirol's Private Establishment, received.....	335
Cured.....	173

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*In the English Asylums.*

In Bethlem Hospital, received.....	422
Cured.....	204

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In the York Asylum, received.....	599
Cured.....	286

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In the St. Luke's Asylum, from 1751 to 1801, received.....	6458
Cured.....	2811

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In the Retreat near York, from 1801 to 1814, received.....	163
Cured.....	60

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Pennsylvania Hospital for the Insane, 1842, under care.....	338
Cured.....	90

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In the Report of the Worcester Institution for 1837, received, from 1833 to that period.....	678
Cured and Improved.....	359

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Retreat at Hartford, for 1844, number of patients.....	169
Cured and Improved.....	70
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Eastern Asylum, Virginia, cases received from 1841 to 1843..	50
Cured.....	24
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I have mislaid several of the Reports of the Asylums mentioned, and of some of the others, and cannot, with certainty, state the real average of late years.

Much dissatisfaction exists in the community at my refusal to permit them to visit their friends, while under medical treatment. I have tried the experiment, and have so uniformly found it injurious, that while there is a chance of their restoration, I never allow access. It often irritates, seldom soothes, but mostly leads their thoughts to home, where the source of the trouble is usually centred, and makes, of quiet, well-disposed and orderly patients, restless, unhappy, and violent maniacs. Another objection to their receiving the visits of their friends, is the incorrect opinion they sometimes go away with as to the treatment of the patients. Few reflect on the great change the moral feelings and perceptions undergo in the insane. Knowing that their friends were persons of undoubted veracity before their indisposition, they imagine they must remain so still; not reflecting that the patient, though telling what he believes to be the truth, is suffering under delusion of perceptions, and though reasoning correctly, yet he either hears, or sees, or smells wrong, and hence tells a tale not entitled to belief. This occurs in every Asylum. It often makes the friends unhappy; they promise to have the evil redressed, the patient expects a change, becomes restless under the supposed grievance. But the change never comes, for it can only be effected by his becoming better, and then he neither feels the presence, nor is even aware of the former existence of his complaint. I have often had complaints made to me of the savage conduct of a keeper on one day, and perhaps have the highest encomium passed upon him at my next visit. In both cases the patient spoke what he believed to be the truth; the difference was in his feelings at the moment. I allude to this at the present time, because I have had much trouble both with patients and friends, and some, from being refused, have gone away in anger, and threatened to remove their wards from the Institution. A physician is frequently placed in a very unpleasant situation. He knows that at every hazard the welfare of his patient is to be first considered, and his feelings are often severely tried by the importunity of friends. The moment they begin to convalesce, their acquaintances are anxious to see them, and often bear to their relatives a false report, productive of much mischief. Mrs. — is a melancholy instance of this. Through the foolish interposition of friends, and a want of firmness in her husband, she was removed (contrary to advice) from the Asylum, and she, who was nearly well, was shortly after returned an incurable maniac. A few moments reflection would satisfy them that neither to the Physician, nor any officer of the Institution, can their continuance be of advantage. It does not increase their emoluments, but certainly adds to their cares and their labor, and self-interest alone would prompt them to expedite the cure as much as possible.

I believe I have now noticed most, if not all, the subjects I wished to bring to your consideration, and should be happy to converse with any of you on any part on which you may desire more particular information.



Since the 5th of November, 1843, we have received twenty-three patients. Fourteen have been cured, and two removed by their friends; five have died.

Mr. ——— was brought from the New-York Asylum in an incurable and dying state, and sank from debility and softening of the brain. Miss ——— was an Epileptic case of long standing, and died in a fit. ——— was an idiot boy; he gradually sunk from bowel complaint; and Messrs. ——— and ——— died with consumption.

Very respectfully,

DANIEL H. TREZEVANT, P. L. A.

5th November, 1844.



## REPORT OF THE SUPERINTENDENT.

LUNATIC ASYLUM, Nov. 5, 1844.

*To the Regency.*

GENTLEMEN.—The day having arrived when our fiscal year closes, it becomes my duty to render an account of my stewardship, as Superintendent of this Institution. In doing so, I would beg leave to express my grateful acknowledgments for another year of almost uninterrupted health and contentment among the inmates. While much anxious care has fallen to my lot, I have enjoyed great satisfaction in witnessing the success attendant on your efforts to ameliorate the sufferings of the unfortunate who have been entrusted to our care. The lively interest which your Board has always manifested in the welfare of our patients, has not been in vain. In your weekly visits you have generally found them, not only contented, but many of them apparently happy. That they are at least contented, is evident from the fact that not a single attempt to escape has been made by one during the year, although in many cases they are allowed to pass in and out of the enclosure at their pleasure. No accident has occurred, no act of violence has been committed, nor has there been any circumstance calculated in the slightest degree to marr our happiness.

Notwithstanding the unfavourable character of many of the cases admitted, fourteen out of twenty-three have been discharged cured; two were removed while in a state both of mental and physical improvement; five have died; of the dead, two were epileptics, two had consumption, and the other was in a dying state when brought in.

We are disposed to attribute much of the excellent health enjoyed by our patients to their very free exposure to the open air enjoyed in our pleasant and shaded Courts, and to their frequent bathing. Exercise and cleanliness, are among the most valuable adjuncts in the remedial course of the insane, and in selecting the exercise our attention is directed to that most agreeable to the patients; our large garden and farm afford the most pleasant employment to a majority of the males, recreation and amusement to those who are not disposed to work, besides being a source of considerable revenue to the institution.

The females, under the judicious direction of the Matron, are amused and employed in various household duties in their re-

spective apartments ; the sewing and knitting of the house is executed by them, they often take long walks into the country, several of them are in the habit of accompanying the Matron to Church, all have access at pleasure to the enclosed grounds, and really seem to constitute a happy family.

But few of our patients have a fondness for books ; to such, books are furnished according to their taste.

Since your last monthly meeting I have succeeded in getting the consent of a gentleman, eminently qualified, to act as Chaplain in our Asylum. He will pay daily visits and preach every Sabbath to our inmates. I allude to the Rev. Mr. Hort, of the Lutheran Church. He is willing to enter upon those duties at any time, and that without regard to the salary, but will require a support from some source. I feel confident, when the good which must result from such labors is considered, a small compensation of \$400 or \$500, would be cheerfully paid, notwithstanding our very limited means of meeting even present expenses.

With a view to the better organization of your valuable Asylum, the Physician in his Report has suggested to your Board the advantage which might result to it by obliging the Physician to reside permanently in the building. Identified, as I have been for eight years past, with the Asylum, and having been so well sustained in the discharge of my duties, by the advice and courtesy uniformly extended by the Physician and yourselves, I am satisfied that it would be indelicate to give an expression of my opinion on this subject, further than to beg that, if your views incline you to consolidate the offices of Physician and Superintendent, you will not allow my present relation to the institution, to influence, in the slightest degree, your decision. I would regard it but a duty which I owe to the cause of humanity, cheerfully to resign my place under such circumstances.

In conclusion, I beg leave to submit the following report of the present state of the house ; also, my report as secretary and treasurer.

On the 5th November, 1843, the number of patients in the house was,

Received since that period, 70

Of this number, 14 have been cured, 5 have died, and 23—93

2 were removed, making 21

Now remaining under treatment, 72

Of whom 40 are males, and 32 females; 45 are paupers, and 27 are pay patients.

The receipts and disbursements are as follows :

### RECEIVED.

1843.			
Nov. 5	Amount of cash on hand.....	\$	633 85
	" appropriated by the Legislature.....		8,000
	" received on account of patients.....		12,352 10
	Amount received.....	\$	20,985 95

### DISBURSED.

1843,			
Nov. 6	Amount paid, for supplies.....	\$	343 85
Nov. 6	" " to Jacob Nagel.....		100
Nov. 15	" " Dr. Trezevant.....		150
Nov. 28	" " Miss Timrod.....		125
Dec. 8	" " supplies.....		319 73
Jany. 1	" " contractor, (Killian).....		5,000
" 4	" " Dr. Trezevant.....		605
" 13	" " contractor, (Killian).....		1,900
" 13	" " Thos. Leavy.....		75
" 16	" " repairs, furniture &c.....		1,322 61
" 16	" " J. W. Parker.....		750
Feb. 9	" " supplies and salaries.....		1,096 57
March, 5	" " supplies &c.....		834 44
" 15	" " John Harkins.....		50
April, 8	" " supplies &c.....		552 45
" 8	" " Mrs. Gandy.....		78
" 16	" " J. W. Parker.....		375
May, 6	" " supplies &c.....		397 78
" 6	" " for examining patient.....		12
June, 3	" " B. M'Nance.....		1,000
" 3	" " supplies.....		602 94
July, 8	" " supplies, salaries &c.....		1,203 72
Aug. 22	" " supplies.....		361 29
Sept. 9	" " supplies.....		776 59
Oct. 8	" " supplies, salaries &c.....		841 15
Nov. 4	" " supplies and salary.....		474 50
			19,347 62
" 5	" " Balance in Bank.....		1,638 33
			\$20,985 95

Respectfully submitted.

J. W. PARKER, *Superintendent and Sec. & Treas'r.*

*Lunatic Asylum, S. C.*

N. B.—Of the above, \$8,222 61 has been applied to building new wing, furnishing the same, and repairs on the premises.

COLUMBIA, 3d Dec. 1844.

I have examined the foregoing account of the receipts and disbursements at the Lunatic Asylum, by comparison with the monthly examination of the Executive Regent, and find it correct.

JOHN FISHER, *Ex. Regent.*

